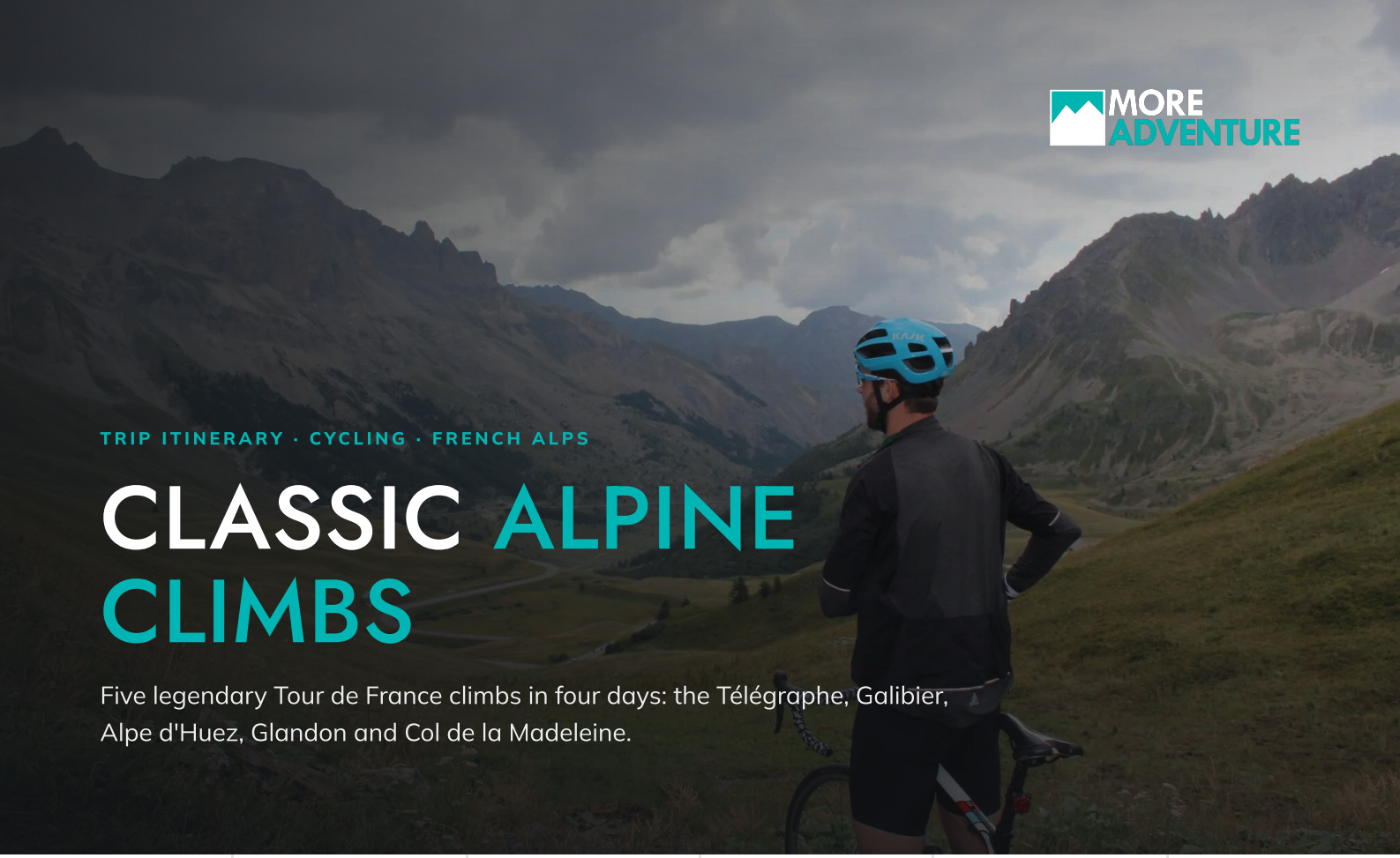


TRIP ITINERARY · CYCLING · FRENCH ALPS

CLASSIC ALPINE CLIMBS

Five legendary Tour de France climbs in four days: the Télégraphe, Galibier, Alpe d'Huez, Glandon and Col de la Madeleine.

6 days	4	149 miles	Hotels	★★★★★	June – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

Challenge yourself on some of the best cycling roads in Europe: five of the most famous Alpine climbs of the Tour de France, in four days.

The legendary Col du Galibier and Alpe d'Huez conjure up images of pristine mountain roads, glorious Alpine backdrops and endless switchbacks as far as the eye can see. Over four days you'll climb and descend five classic cols, staying in comfortable hotels and eating in local restaurants.

All the logistics are taken care of, so you can just turn up, ride, and follow in the tyre tracks of cycling legends in one of the most beautiful landscapes in the world.

★★★★★

"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."

Brian Kalms · Google review

HIGHLIGHTS

- ✓ Taking on the Col du Télégraphe and Col du Galibier
- ✓ The famous 21 switchbacks of Alpe d'Huez
- ✓ Staying in beautiful Alpine villages
- ✓ That classic mountain-top photo
- ✓ The stunning views from the Col du Glandon and Col de la Madeleine
- ✓ Long, exhilarating Alpine descents

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/classic-alpine-climbs/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: SAINT-JEAN-DE-MAURIENNE | GENEVA AIRPORT TRANSFER

DAY 1: ARRIVE IN GENEVA, TRANSFER TO SAINT-JEAN-DE-MAURIENNE

You will be met at the airport and transferred to our hotel in Saint-Jean-de-Maurienne. Here you'll meet the rest of the group and will hopefully have plenty of time to relax, explore and prepare for the days ahead.

2

43 MILES (68 KM) · 7,900 FT (2,400M) | OVERNIGHT: LA GRAVE

TÉLÉGRAPHE | GALIBIER

DAY 2: COL DU TÉLÉGRAPHE AND COL DU GALIBIER TO LA GRAVE



Today the cycling starts with a bang! The Col du Télégraphe and Col du Galibier await, two classic climbs that have near-mythical status. You'll begin the ride with a gentle warm up through the L'Arc valley before turning southwest in Saint-Michel-de-Maurienne on quieter mountain roads to begin the Col du Télégraphe (1566m). At 11.8km long with an average of 7.3%, this is a great first climb and reasonably steady throughout. After a short descent we reach the pretty village of Valloire where we begin climbing once again. From Valloire there's a further 19km to the Col du Galibier (2642m). This iconic climb is spectacular and surrounded by jagged mountain peaks as it winds up to the summit. A regular addition to the Tour de France, it was first used in 1911 when all but two riders were said to have walked! After a dazzling descent via the Col du Lauteret, a very welcome rest awaits in La Grave where we spend the night.

3

36 MILES (57 KM) · 5,000 FT (1,500M) | OVERNIGHT: BOURG D'OISANS

ALPE D'HUEZ

DAY 3: ALPE D'HUEZ



We leave La Grave and continue descending to the Lac du Chambon. At the Bassin du Clapier we head northwest on a flat road to Bourg d'Oisans where the climb of the day begins. The Alpe d'Huez needs no introduction, a regular on the Tour de France, this 13.9km climb has struck fear into the heart of many a cyclist for decades. At an average of 8% and with a maximum of 15%, the 21 hairpin bends of Alpe d'Huez are regularly filled with campervans and ravings fans when the Tour passes through. It's a magnificent climb and never fails to deliver. After a coffee and cake in the village we'll descend all the way back down to our overnight stay in Bourg d'Oisans.

4

37 MILES (58 KM) · 5,300 FT (1,600M)

OVERNIGHT: SAINTE-MARIE-DE-CUINES | COL DU GLANDON

DAY 4: COL DU GLANDON TO SAINTE-MARIE-DE-CUINES

Today's ride begins with a 10km warm up heading north from Bourg d'Oisans. At Rochetaillée we continue northeast past the Lac du Verney, here we begin to climb and tackle the climb of the day, the mighty Col du Glandon (1924m). From the Verney dam, the Glandon is 24km with an average of around 5%. The maximum gradient of 11% is reached during two sections of the climb but the scenery is well worth taking the time to admire, with steep mountain sides either side of the tarmac and the stunning Lac de Grand Maison to take your mind off your tired legs! From the summit you're treated to a magnificent descent to our overnight stop in Saint-Marie-de-Cuines.



5

33 MILES (52 KM) · 5,600 FT (1,700M) | OVERNIGHT: AIGUEBLANCHE

COL DE LA MADELEINE

DAY 5: COL DE LA MADELEINE TO AIGUEBLANCHE

Our final day's ride may be the shortest but don't be fooled, the Col de la Madeleine (2000m) is a relentless climb. Following the D213 north from La Chambre, this 19km climb averages 8% but never really drops below 6% with a maximum of 10%. 5km from the summit you'll reach Saint François Longchamp ski station where it can get quite exposed on windy days. Your reward however will be worth it, 26km of incredible descent to our final overnight in the village of Aigueblanche. Here we'll have a celebratory meal and reflect upon the last four days of epic riding!



6

TRIP ENDS | GENEVA AIRPORT TRANSFER

DAY 6: AIGUEBLANCHE TO GENEVA, FLY HOME

After breakfast you will be transferred to Geneva airport for your return flight. Here the trip ends and we say our goodbyes.

THE ROUTE

FIVE CLASSIC CLIMBS



Day 2 · Saint-Jean-de-Maurienne → La Grave	43 miles
Day 3 · La Grave → Bourg d'Oisans	36 miles
Day 4 · Bourg d'Oisans → Sainte-Marie-de-Cuines	37 miles
Day 5 · Sainte-Marie-de-Cuines → Aigueblanche	33 miles

GPX files of the full route are emailed when the trip is confirmed.

GRADE: ADVANCED ★★★★★

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

INCLUDED

- ✓ Transfer from Geneva airport to Saint-Jean-de-Maurienne
- ✓ Cycle leader(s)
- ✓ Support driver/bike mechanic
- ✓ Support vehicle throughout
- ✓ 5 nights' hotel accommodation
- ✓ 5 breakfasts
- ✓ Buffet lunches on ride days
- ✓ All luggage transported during your trip
- ✓ Transfer from Aigueblanche to Geneva airport
- ✓ First aid cover
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Joining instructions and kit lists
- ✓ Financial protection in accordance with the 1992 Package Travel Regulations
- ✓ Risk assessments and event insurance

NOT INCLUDED

- × Bicycle and helmet
- × Flights to/from Geneva airport
- × Evening meals, drinks and snacks
- × Optional excursions
- × Travel Insurance

Single room: +£205, added when you book.

Bike transfer: Door-to-door bike and luggage transfer from the UK may be available: fly with hand luggage only.

Flights: Not included: fly in and out of Geneva.

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

Four days of 33–43 miles with 5,000–7,900 ft (1,500–2,400m) of climbing each day. You should be a fit, experienced cyclist comfortable with long Alpine climbs and descents.

HEALTH

Your health and safety is our number one priority. Our leaders hold outdoor first aid certificates and have hands-on medical experience. Visit your GP well before the trip to discuss any pre-existing conditions. We ask for a medical declaration when you book.

INSURANCE

Personal travel insurance is compulsory and should be in place before you book. As a minimum it must cover medical expenses, including emergency repatriation. We strongly recommend it also covers cancellation, curtailment and loss or damage to luggage and equipment.

LEADERS

Experienced, qualified leaders run every trip, with back-up support where the trip needs it. They guide and encourage the group and look after the logistics so you can enjoy the adventure.

HOW TO BOOK

1. Choose a date on our website and click 'Book now'
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You'll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We're happy to help.

Call 020 8720 6607

WhatsApp 07719 224663

Email info@moreadventure.co.uk

Web moreadventure.co.uk

This itinerary is a guide and may change due to unforeseen circumstances. Please don't book travel until we've confirmed by email that the trip will run.